

Twitter Thread by Coach Raj



Coach Raj
[@TheCoachRaj](#)



I paid over \$5364 in supplements over the last 3 years.

Here are the top 5 supplements that are worth every penny:

1. Boron:

Boron is essential for:

- Bone development
- Magnesium absorption
- Optimal testosterone production

Boron is naturally found in a lot of common foods like nuts in small amounts.

Take 3-5 grams of Boron once a day, timing is irrelevant.

2. Vitamin D:

Benefits of Vitamin D include:

- Strengthens bones
- Reduce chances of anxiety
- Regulates the immune system
- Improves absorption of other minerals

1 serving of Vitamin D = 25-30 mcg (micrograms).

Take 1-3 servings daily.

I recommended taking 2-3 servings if you struggle to get exposure to natural sunlight.

3. Magnesium Glycinate:

Over 50% of the American population is deficient in Magnesium.

Benefits of supplementing with Magnesium glycinate include:

- Regulate blood sugar levels
- Manage stress levels
- Improve sleep quality

1 serving of Magnesium glycinate = 400-500 mg per serving.

Take 1 serving 45 minutes before bed every night for improved sleep and performance.

4. L-theanine:

Benefits include:

- Improved brain function (memory and focus)
- Reduce blood pressure
- Helps regulate blood pressure

L theanine has multiple benefits but its most noticeable benefit is improving brain function.

1 serving of L-theanine = 150-200mg

Take 1 serving in the morning right before you enter flow state.

Combining L-theanine with black coffee heightens the effects.

If you struggle with getting the jitters when you drink coffee...

L-theanine will help with that.

5. Creatine monohydrate:

Creatine monohydrate is the most researched supplement for building muscle in existence.

And the science is undeniable, creatine has been proven to increase strength, endurance and muscle recovery in less than 2 weeks.

1 serving of creatine monohydrate is 4-6 grams.

Take 1 serving daily any time of the day.

A "loading phase" where you take 5 servings a day for 2 weeks is completely unnecessary.

The "loading phase" is a myth coined by supplement companies to sell more product.

Take these 5 supplements to optimize your health, sleep and performance:

1. Boron
2. Vitamin D
3. Magnesium Glycinate
4. L-theanine
5. Creatine monohydrate

Enjoyed this thread?

I'd really appreciate it if you gave the 1st tweet a RT :)

And if you want more tweets on how to optimize your health and sleep...

Follow ■■■ @TheCoachRaj

<https://t.co/1lOboJmMTX>

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Here are the top 5 supplements that are worth every penny:

— Coach Raj (@TheCoachRaj) [September 1, 2022](#)

I only have 2 open coaching spots this month.

If you are a high performer and want to optimise your health, sleep and performance.

DM me "GO" ■■■

(Not cheap. Must be willing to invest)

<https://t.co/58iJ5UnwxW>

If you're constantly tired, have problems getting out of bed or have a physique that reminds others of geeky gates...

You NEED the Sleep Performance Protocol ■

Click Below, Sign up and get it for free ■■■

(Unless you hate feeling energetic 24/7)

<https://t.co/aYuMjnpPRL>